



Courtney Norton



Courtney is an energetic and enthusiastic multi-disciplined athlete and comes to Cardio-Go with a very diverse background. Courtney brings countless years of experience working and competing in the Aquatics industry, including teaching swimming to children and adults of all ages and skill levels and leading the Aquatics team at Ryerson as the University's Head Lifeguard and camp Aquatics Director. She also spent a number of years in the entertainment industry, working in sports & lifestyle television, both off and on-camera, and for a Canadian cycling magazine.

After years of training and participating in various sports including running, swimming and rugby, Courtney decided she wanted to share her passion for healthy active living and dove into the fitness industry and further education.

Her goal is to inspire and enable everyone around her to live the highest quality of life possible by focusing on the psychological and preventative aspects of developing and maintaining positive life habits. Her programs are always functional, challenging and fun and her enthusiasm is contagious!



Qualifications

- 2010 Resist-A-Ball CORE Trainer Level 2
- 2009 Schwinn Indoor Cycling Instructor Certification
- 2009 Level 1 Pilates Mat Series (East to West Yoga)
- 2007 Can-Fit-Pro PT
- 2007 BA Communications, Minor in Psychology
- 2000 National Lifeguarding & Swimming Instructor Certification
- Exercise Nutrition - Ongoing
- Current First Aid, CPR & AED Certification

